$500 Essay Scholarship for High School Students!!!

Apply for Culture to Culture Foundation’s Mental Health Essay Scholarship

Topic: “What is the #1 mental health issue affecting me and/or my friends. Please share your journey and insights.”

1000 Word Limit. Deadline May 31, 2013
All submissions will be recognized, selected winners will receive $500 scholarships!

What are some signs of a mental health issue?

- Feeling exhausted all the time
- Withdrawing from your friends
- Difficulty sleeping
- Gradual or sudden decline in grades
- Alcohol and drug abuse
- Hearing or seeing things that others don’t
- Extreme anxiety toward food & body image
- Feeling stressed, anxious or depressed
- Finding it difficult to cope with academic pressures, family conflict, relationships, financial hardship, bullying or school safety issues

Art by Nidhi Chanani

Please email questions and submissions to: C2C@culturetoculture.org
For more information, please find us at culturetoculture.org